

# Alex Mathew's Manifesto

## **TL;DR for those with less time:**

My goal is to add value to billions of people's lives by unlocking their potential and optimizing for their fulfillment.

Yes, there will always be problems and yes, pain is inevitable but suffering is optional. By unlocking potential we can create an ideal sci-fi future where we are all thriving.

To get there, we have to work on the way we educate future generations and our well-being.

I am sticking to my values of: kindness, never-ending growth, unquenchable curiosity, rational optimism, authentic enthusiasm, obsession with work, bias towards action, and zero bullshit to make sure this happens.

## **On to the full manifesto:**

My life's mission is to unlock the potential & maximize the fulfillment of billions. I want to push the limits of what we know in order to build a sci-fi future. I don't know what our future might hold but I do know it entails the blossoming of human-centered emerging technologies.

Some possibilities of the future:

- AGI-powered wearables that continuously learn from our biometric data to become highly personalized life assistants
- BCIs for optimal communication
- Fully sustainable food systems
- Genetically engineering all disease away
- Maybe it is incomprehensible, past the 3rd dimension (z-axis), time, the universe, and/or our consciousness at its current state

What I do know is that we are so much more capable than we think, especially our youth. I believe to pursue this vision, we have to fix the way we educate future generations and our approach to well-being.

As a society, we should focus on

- Moving from **survival mode** to **thrive mode**
- Reaching equilibrium in our individual lives
- Understand how to enjoy the journey and not only focus on outcomes
- Pursue self-love & Self-awareness
- What everyone's ikigai is!

This way we can fully unlock potential and build our amazing future!

As an example: we shouldn't pressure high schoolers to choose how the rest of their life plays out. Our future is quite uncertain! And life isn't so mutually exclusive, you don't have to stay within one "job" or way of living forever. I want to help young people realize their potential and what they love to do in life then help them pursue it, so that the future generations can do so as well.

Some things need to be true for me so I can achieve this vision. I am doing the following:

- I have to embrace kindness
- I have to use my unquenchable curiosity
- I have to be authentic & honest (I value genuine enthusiasm)!
- I have to play on my bias towards action
  - Ruthlessly stick to my vision
  - I will be grateful but not let it lead to complacency
- I have to be efficient (and understand when to be slow & present)

- I'm creating optimal routines (mastering my physical & mental health) and building systems with generative AI as a sidekick not as a crutch
- I have to enjoy myself (for longevity)
- I have to be open minded
  - I will not think in binary or linearly
  - I will take in most, if not all perspectives in order to come to my own conclusions
- I have to follow epiphanies
  - At the intersection of Awe-striking & Absurdity
- I will strive to go beyond the ego
  - Past external validation
  - To the top of Maslow's Hierarchy (self-actualization, or what most buddhists call enlightenment)
- I will embrace uncertainty for unlimited upside in a completely new possibility space
- I will foster black sheep (even though we all are), especially the ones that are intrinsically motivated to do good and are okay with being different, unconventional, and outside of the status quo.
- I have to make sure society's and the individual's goals are aligned
- I will choose the path of most resistance, building type 2 fun (my work) and long term gratification.
  - Deleting all cheap dopamine hits from my life
- I have to abolish my self limiting beliefs
- I have to make mistakes & experiment, as early on in my life as possible.
- I will track progress by tracking the following: Tasks Daily, Goals Weekly, Intentions Monthly, Milestones Quarterly, Painted Picture Yearly.
- I have to work on problems I'm emotionally attached to

I am also striving to cultivate a wide perspective within myself so I can understand how we can build an ideal future. This means a couple things:

- Having extremely [deep conversations](#) with many types of people. I want to understand what I don't know.
  - I will surround myself with the people I resonate with the most (and I'm still figuring out the whole romantic love thing :)).
  - Letting perspectives simmer & constantly writing down my thoughts.
  - Delete "networking", intention is usually lost within this!
- Traveling the world. Living the way I don't normally do.
- Traveling temporally. Understanding the perspective of those in the past. This entails history & ancient philosophy.
- Understanding a world of [mental models](#) and frameworks
  - Highlight: [Laura Deming's Biology thought experiments](#)
  - I am building my own set of playbooks & essays that encapsulate the way I view certain parts of life!
- Learning more about the world and what interests me! Knowledge in general leads to insight. Insight leads to innovation.
  - I have to learn how to learn.

I am currently building out my vision by:

1. Building the best and most actionable 24/7 voice-based mental health AI for teens.
2. Working to expand Alpha School globally with Athena Edtech. I know there is no one-size fits all answer to educating billions, but the values of Alpha & Athena are universal.

**Note on my personality:** My free time is spent adding to this vision, always! I am in a unique position:

- I am privileged in terms of physiological, safety, and belonging needs
- I have amazing people in my life supporting & over-investing in me

- And I have a workaholic personality

My life right now is spent building a better future because I enjoy doing so and I will not let anything get in my way! Most people don't live their life this way, and that's okay!

**Note, on presence & taking things slow:** This manifesto may seem like I am always thinking and on the go! While most of the time that is true, I value the art of slowness. Music, meditation, yoga, breath, etc. can lead to tapping into a different world of pure beauty. This can only be done by being fully present and experiencing a unique kind of flow. I find this to be necessary in order to understand myself, replenish myself and to also understand the world differently.

**Note on dividing up my life:** I only do a few things and I will do them best. I love doing a lot of things though! Building side projects, creating music (specifically classical guitar because , talking with friends, exploring nature, reading, writing, photography, cooking, graphic design, etc. But, my focus right now is very honed in on this vision.

**Note on optimal routines:** If interested, here are [some habits](#) I am building up to. I only focus on one habit at a time so it will be a year long journey to embrace these fully. I want to make sure I am doing this extremely intentionally!

**Note on "sprints":** I have phases in my life called sprints or phases. During these phases I might: stay up super late and code all night; take a gargantuan amount of calls; only focus on my health; etc. These might break the habits or routine I've built but they are all calculated!

If you are asking, "Why the hell would this guy do this?" good question! I'm still not fully sure. Ever since I was really young I've always wanted to help

people and my values have stayed pretty much the same. It's only intensified. I used to daydream a lot and I would always question the world around me. I was quite different from others! I hated sports, I was quite antisocial and only talked to adults at parties, etc. Starting 1st grade, I learned how to disguise myself within the rest of society. I turned into a social butterfly and valued superficial friendships and what others thought of me. Now, at 16, I have returned to the state I used to be when I was younger but now with a lot more life experience.

Was this all innate? No! My surroundings and privilege definitely helped fuel this! There were a lot of inflection points in my life that have led me here, and I'm sure there are a lot more to come!